



Procedure: WIC Nutrition Education

Functional Area: II Nutrition Services/Breastfeeding

Section: A 1

Citation: 246.11 (a1-2),(b),(d1),(e1-5); WIC NSS

Approval Date: 6/2015

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Purpose	To explain the definition, goals and purpose of WIC Nutrition Education.
Definition	<p>Nutrition Education</p> <ul style="list-style-type: none">• Individual or group sessions using various delivery mediums and materials designed to improve health status and achieve positive change in dietary, physical activity habits and health that meet the cultural preferences of the individual.
Goals	<p>The goals of WIC nutrition education are:</p> <ol style="list-style-type: none">1. To emphasize the relationship between nutrition, physical activity and health with emphasis on maternal, infant and child nutrition.2. Assist the participant in achieving a positive change in dietary and physical activity habits.3. To support improved nutritional status and the prevention of nutrition-related health problems. <p>WIC Nutrition Education:</p> <ul style="list-style-type: none">• Is designed to consider the nutritional needs and concerns, household situation, cultural practices, environmental limitations and educational abilities of the individual, as identified through the nutrition assessment process.• Shall be made available to all WIC participants at no cost to them
Nutrition Education Contact Basis	<p>A nutrition education contact:</p> <ul style="list-style-type: none">• Is facilitated by qualified CPA staff.• Provides interaction that engages the participant.• Is provided in the language and cultural preferences of the participant.• Is relevant to the participant's category, nutrition risk, and client concerns.• Is comprised of accurate and current information.• Is appropriately documented on client care plan and in WIC computer system.